



## **2010 10 & UNDER FAST PITCH LEAGUE RULES**

(No standings will be kept, no trophies will be awarded and no play-offs)

(Play dates: Sat., May 15, 22, June 12, 19, 26)

(All play is at Rice & Arlington ball fields)

This program is designed to get the girls on the field and learn the fundamentals of hitting, throwing, fielding & pitching.  
 Our goal is to teach the basic fundamentals of fastpitch softball and to have FUN.

1. Teams will play one 5 inning game each week. Legal game is 3 innings. The first two weeks will be machine pitch, last three will be live pitch. If teams agree to want more machine pitch, teams can do that.
2. Home team is listed second on schedule.
3. **NO METAL SPIKES**
4. All batters, on deck batters and non-adults in the coach's box must wear a double ear flapped helmet with face guard and **chin straps**.
5. Catcher's Equipment: NOCSAE approved mask with throat protector & helmet, chest protector, and shin guards.  
 NOTE! Any player warming up a pitcher (any where) must wear the official catcher's headgear.
6. Each team will supply a new ball for each game.
7. Ball: 11" - yellow optic fastpitch with red stitch COR of .47
8. NAFA uses a bat standard, as defined by the NCAA. Shall not be more than 2 ½ inches (6.0 cm) in diameter at the largest part.
10. Team roster limit: 15 Rosters are to be turned into the Municipal Athletics Office by June 4, 2010. You have until the half way point of the season to contact the Municipal Athletics office and submit, in writing, changes to the roster.
11. Players may play on more than one team if they are in different age groups and the person is eligible by age in both.

### **NAFA RULES APPLY. THE FOLLOWING ARE COMMON RULE QUESTIONS AND SOME ST. PAUL EXCEPTIONS:**

1. A player's age on January 1, 2010 determines the age division in which they are eligible to participate during the 2010 season.
  2. Pitching distance - 35 ft. Base distance - 60 ft.
  3. If both coaches mutually agree, the pitching distance can be 30 ft. for struggling pitchers.
  4. Time limit: 1 hour No new inning may start after.
  5. Teams must be at game site, with a minimum of 8 rostered players that are ready to play, no later than 10 minutes after the scheduled game time before a game is declared a forfeit.
  6. Teams may start and finish with 8 players (ninth spot is an out). If you drop to less than 8, the game is a forfeit. If the opposing team gives the shorthanded team the number of players needed to play, the game will be considered a legal game.
  7. No pitcher can pitch more than 3 innings in one game.
  8. Only certified coaches & players may be on the bench or coaching the bases. Coaches must have a badge during all practices and games.
  9. Sliding – girls do not have to slide, however they must avoid any collisions if they go in standing up.
  10. Pitching Rubber – pitchers must have one foot on the rubber when releasing the ball.
  11. Throwing the Bat – hitters that throw their bat while batting will be given one warning, after that the batter will be called out.
  12. If a pitched ball is dropped by the catcher on a third strike, the batter is out and the ball is dead. No stealing.
  13. In field fly rule will not be enforced.
  14. Stealing is allowed in player pitch games only. Runners occupying first or second base at the time of the pitch are permitted to advance only one base per un-hit, legally pitched ball, pass the catcher ball. If your team is ahead by more than 10 runs you may not steal. A runner occupying third base at the time of the pitch may not advance to home on un-hit, legally pitched ball unless the base is awarded.
  15. If a batter is awarded first base on a walk can not advance (steal) to second base on that play.
  16. By agreement of both coaches during ground rules, open ended batting may be used (all players may bat, but must remain in the same spot in the batting order throughout the game). Players may rotate on defense at any time.
  17. A five run rule shall apply. A team is limited to scoring (5) runs per inning. In such innings when play is stopped due to the five run rule, the last player to bat shall be considered the third out
  18. When your team is ahead by 10 runs, your turn at bat will consist of 3 outs or once through the batting order, whichever comes first.
  19. 10 run rule after 3 complete innings (2 ½ if home team is ahead).
- \*\* Coaches will umpire. Coaches can pick a person mutually agreed upon to umpire too.**